



November 11, 2009 – Grand Rapids, MI

Veterans Day

Today is Veterans Day in the U.S., and the day will be spent honoring those who have served in the military. They deserve it, no matter when they were in the military, no matter whether they served in the front lines, logistics, supply, or as a translator. Our military works just like any team: when everyone does his or her job, the team can be at its best. So no matter when you served or how you served, thank you.

I think we sometimes wonder what we can do for our vets. There are many organizations that support veterans, and donating money is a good idea. Paula and I especially would like to see the phrase “homeless veteran” stricken from everyone’s vocabulary—there should be no such thing.

But I also think that if we can spend some time talking to veterans, that also may help. Good health is more than diet, exercise, and supplementation—it means good mental health as well, and for that there’s nothing better than being a good listener. Too often when we listen to people talk, we feel we have to give our input. But just listening can be helpful, and in today’s day and age, that’s a diminishing quality. Honor a veteran you know today by picking up the phone or stopping by to say hi. You don’t need an agenda—just a real interest in your fellow man and woman.

Special Veteran

I want to say thank you to my special veteran—Don Jones, my father-in-law. He served as a flight engineer and top turret gunner in B-24 Liberators during World War II. He celebrated his 87th birthday last week; he attributes his longevity to the grace of God and quitting smoking. He feels that if he hadn’t done that, he wouldn’t have lived this long. I agree. Any of you smokers reading this?

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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